



# Now deep thoughts ... with Conestoga College

Random questions answered by random students

What's the most embarrassing thing that's happened to you at school?



"I almost knocked someone out with a chair."

**Sarah Kaban,**  
first year  
computer information

"I slipped and fell in front of 100 people."

**Peggy Knapf,**  
first year  
personal support worker



"I walked into the wrong class."

**Kyle Yee,**  
first year  
personal support worker

"My car battery died and I needed to ask for a jump."

**Bethany Boyles,**  
second year  
police foundations



"I was sufficed by the mascot."

**Adam Martin,**  
second year  
mechanical engineering student

"I got my chair pulled out from under me."

**Mina Hapshoff,**  
first year  
human services foundation



Share Conestoga, you could be next respondent

## FILBERT CARTOONS



By L. A. HALL



For more cartoon content visit [www.conestoga.ca/2019/02/02/filbert-cartoons/](http://www.conestoga.ca/2019/02/02/filbert-cartoons/)



PHOTO BY GARY TROELL

Conestoga Students Inc. member Alexia Lee discusses a proposal regarding Aboriginal Services workshops at the board of directors' first meeting of the school on Jan. 28.

# CSI hears presentation on empowering youth

## BY GARY TROELL

Conestoga Students Inc. held their first board of directors meeting of the year on Jan. 28.

The four-hour-long meeting started with a presentation by Laura Bow of the EPTG initiative. EPTG (Empowering Positive Youth and Community) is a series of workshops designed to help high school students understand their potential and get involved in their communities. The program is facilitated by post-secondary students. CSI is considering their involvement and will be discussing it at their next meeting.

Proposals by board members were discussed in detail and broken down from all angles. Plus the \$50 to 1,000 students who ride the shuttle buses daily the company's morning radio program, this is played on the bus with all its info and 140 border, will not be an issue anymore. The board has approved the pur-

chase of one XM Group radio subscription for one shuttle bus and if facilities in general they will look at purchasing another one for the other shuttle bus. The radio subscription can also be used at CSI events.

The student, its officers and its all-star board member Colin Chaudhry. All-star member Services will receive some financial support from CSI after a proposal was approved to add more spots to their reception and drum making workshops that will be taking place in March. Last year when the workshops took place there was only room for 10 students per event, which left some students not being able to be part of the workshop experience. Now with CSI's added support, an additional 10 spots will be available for more students to get involved.

In other business, CSI representative Cameron James brought forth a sample list

important proposal regarding obtaining more media coverage of Conestoga's sports teams.

"There is coverage of the university teams and high school teams. I want to see high school teams get better coverage. Conestoga should be involved," James said.

CSI will be going in contact with local media agencies such as Rogers to see how to go about getting increased coverage.

Other approved proposals included having a Queen Elizabeth Theatre video game tournament that will see the winner receiving a \$50 CSI discount card as well as having her or his name on a plaque that will be purchased and then displayed on the Don. Also a new banner will be purchased for the student center.

The board will meet again Feb. 28 at 6 p.m. at the Wellness Centre. Colin Chaudhry. All are welcome to attend.

# Human books share their experiences

## BY JACOB HARRINGTON

Students put the chance to listen to a genuine life story at the Human Library which took place at the Learning Resources Centre on Jan. 29.

During the event, human books allowed students to know and listen to an experience in their lives that was worth talking about. From cultural young people, victims of domestic abuse, those with addictions and people with learning and physical disabilities.

The Human Library is an international organization that was started by a Danish youth organization called *Stop the Violence*. It was created in 1989 by five young people from Copenhagen who decided to try and raise awareness and use peer group education to reduce domestic violence. The Human Library is an informalized organization that was started by a Danish youth organization called *Stop the Violence*. It was created in 1989 by five young people from Copenhagen who decided to try and raise awareness and use peer group education to reduce domestic violence. The Human Library is an informalized organization that was started by a Danish youth organization called *Stop the Violence*. It was created in 1989 by five young people from Copenhagen who decided to try and raise awareness and use peer group education to reduce domestic violence.



"I think students are surprised by the differences in each individual in our community and the realization that people have throughout their life stories and Laura Black Student Life programmer at Conestoga. Participants are asked to listen a lot about each other and themselves."

**"I think students are surprised by the differences in each individual in our community..."**  
— Laura Black

The Human Library has been running at Conestoga College since 2011, making this the fourth annual Human Library. About ten human books attended the event this year.

Everyone has a story to tell about and the Human Library is a great way to get that story out there.

The following are some of the participants' stories:



Jenna Garbott

Jenna Garbott, a mother of three, married 16 years of domestic abuse at the hands of her husband. She said he was very controlling of her, she could not go out, but her own clothes, books or make. She was even allowed to drive her husband's car, even though she helped pay for it, and if he found out she was driving it, he would threaten to end the police and have her charged with theft.

"I did not know who I was Garbott said. "All of my belongings were his husband. Garbott could not leave her husband because she could not support her children. Every time she used credit cards, money to leave her husband would find it and spend it."

When Garbott told Garbott and it was the most amazing thing ever. Only then did she discover that she loved to learn and has made it a full-time hobby. She is currently a student at Conestoga College studying office administration.



Joseph Chalmers

Joseph Chalmers is a gay male who was diagnosed with schizophrenia when he was three years ago and has just recently developed schizophrenia-schizophrenia as well.

Chalmers first schizophrenia, a hallucination occurred three years ago when he was three, but he hasn't felt it again since.

The past has made me a stronger person, Chalmers said. "It helped me talk about my problems instead of hiding them."

In October, Chalmers came out to his parents who were surprised.

He is currently studying marketing and advertising at Conestoga and recently got engaged to his boyfriend. He also has a dream to one day open up his own cafe.

To other people in his situation, Chalmers advises, "Be true to yourself and don't give up."



Sandy Luzzano

Sandy Luzzano was a victim of a robbery that occurred at a shopping center she used to work at. Afterwards, she suffered from post-traumatic stress disorder. The next two months experience for her was the lack of support from her employer who actually blamed her, claiming that she didn't do anything to stop the robbery.

Luzzano is currently studying social sciences at Conestoga and is volunteering as a crisis responder at Victim Services in Waterloo.

She advises others who know someone who has experienced what she went through to take the time to talk to them, listen and offer to help. Luzzano also offers to help others who are not sure if they want to share their experience.

"I encouraged people to be very open-minded and try to be supportive," Luzzano said. "Please don't be hostile, use these resources and try to be kind and to talk about it."

## Get screened for colorectal cancer

### BY JACOB HARRINGTON

People don't talk about their health and this is a problem according to the Waterloo Wellington Regional Cancer Program.

Colorectal cancer (cancer of the colon) is one of the most treatable and detectable forms of cancer, according to Dr. Richard Hillier, a general practitioner and oncologist at Grand River Hospital.

"When you catch colorectal cancer early, there is a 90 per cent chance of cure," Hillier said.

Despite that, colorectal cancer remains the second highest cause of cancer death in men, and the third highest in women.

It is a common Colorectal Cancer. After about 10 months, and it will begin with a number of symptoms ranging from constipation from Grand River Hospital and the Waterloo Wellington Regional Cancer Program (WRWRCP). The

WRWRCP helps to provide care for cancer patients and people who have been touched by a form of the disease. There are 24 cancer care programs like it across Ontario, and they each seek to ensure the population has access to the latest information and most effective care possible.

The WRWRCP was created in 2005 by Cancer Care Ontario, an organization funded by the Ministry of Health and funded with funding from all of the cancer patients in Ontario.

Currently, the WRWRCP and Grand River Hospital are using their annual Build a Walkout to get people talking about colorectal cancer. The content talks outside to build a fact out of any in their. It also plans to visit to cancer, it's and submit it and a compelling story before March 30. More information can be found on the Build a Walkout page or at www.colorectal.ca or via email: info@colorectal.ca. The Build a Walkout program

was developed with the intention of making people feel less uncomfortable talking about colorectal cancer, according to Hillier, as an area of the body that doesn't receive a lot of publicity.

Modesty can also lead to misconceptions, Hillier says, because of colorectal cancer. Hillier said.

"Usually when collecting stool and rectal tissue, preparing for a colonoscopy, but there are few cancers that have such a high chance of cure if caught early."

There are probably necessary Conestoga students who have to worry about colorectal cancer. She says age demographic (50-74) but the WRWRCP encourages young people to talk to their parents about it.

"These conversations are less scary for the victims for the Colorectal Cancer Association of Canada."

And when it really comes down to it, "usually women build it, it's a scary thing."

## GET IN THE KNOW ABOUT EATING DISORDERS



PHOTO BY JACOB HARRINGTON

Conestoga is a future Conestoga student, reach out about eating disorders during EatUp! Conestoga Awareness Week last March. If you have a story to share, contact us at...





# Black History Month a time of reflection, celebration

■ (CONTAINED FROM PAGE 1)

"It doesn't mean anything to me. Why would it? We don't really teach Black History Month in high schools in Canada."

Martin Luther King and Rosa Parks are the central figures who come to mind when Black History Month is mentioned, but there are many more historically influential members of the black community who tried to make people realize the colour of our skin shouldn't separate us.

"I was taught Black History Month in high school but it's very necessary and there's things a white man from Woodstock, Ont. The Underground Railroad being

## Conestoga grad stresses education the key

one of the major subjects.

Here to promote the new feature during the Carter O'Wooden spent his childhood working in coal mines as Kentucky. He enrolled in high school at the age of 16 and later earned a PhD from Harvard University.

Wooden was the first black person to challenge the history books and write black accomplishments into American history.

He was also the driving force behind Negro History Week in 1926 and he pushed the current week of February to celebrate because of the birthdays of Abraham Lincoln and Frederick



Douglass

Lee Ryan, who graduated from Conestoga, joined the print program, gained some perspective on just how

relevant racism can be after interviewing an Australian immigration camp survivor. She said she could relate their grasp and understand the context of the horrifying

things she was told, but there was no way she could ever stand up to the racism she was standing what a little bit to be aware of them and experience that someone level of racism.

"The month was I can tell you (what she did) is if I were to put you up and tell you in the middle of January, January. Ryan said "I don't that it's necessarily reverse racism, but it would open your eyes to see what it feels like to be a racial minority."

Ryan stresses that education is the key. She believes the more educated and educated a person is, the less likely they will be racist or ignorant. She said she was

shocked herself and pass down the racism. She said the only way that racism will ever truly meet its demise is if we stop ignoring it. It's not the colour of our skin, we'll eventually weed itself out of the last racist people.

Our monthly celebration here once a long way since the Renaissance. Renaissance is held but we still have a long way to go.

Ryan said until the day the colour of our skin is part as important as the colour of our eyes, we will keep our relationships, ourselves and ourselves the same. The black community has made in their lives every February - during Black History Month.

## FREE COURSES IMPROVE YOUR SKILLS



PHOTO BY MICHELLE ROBERTS

Conestoga is back to change now offers free online courses for students' professional and personal development. For more story go to [www.speaksonline.com](http://www.speaksonline.com)

## CALL FOR ENTRIES

TWO MONTHS LEFT  
SUBMIT NOW!

## CONNECT:

ENABLING CHANGE  
POST-SECONDARY DESIGN  
CONTESTATION 2014-15

CONNECT: Enabling Change is a competition open to Ontario post-secondary students in ALL design fields. Project ideas that remove barriers for people with disabilities and promote greater inclusion are welcome. Inclusive digital, interactive and web design projects are encouraged.

Winners receive up to \$2,000 and have their work included in an exhibition at Design Exchange in Toronto.

DEADLINE: APRIL 1, 2015  
[OX.ORG/CONNECT](http://OX.ORG/CONNECT)

DESIGN EXCHANGE

INCLUSIVE DESIGN



## Student Life is Hiring!

Full-Time Summer Positions  
Part-Time Fall Positions

Application Deadline: Wednesday, February 25, 2015, 4:00 p.m.

For more information or to apply:

Student Life Office in room 2A101.2

519-748-3230 ext. 3239

[studentlife@conestogac.on.ca](mailto:studentlife@conestogac.on.ca)

Visit our website at [www.conestogac.on.ca/student-life](http://www.conestogac.on.ca/student-life) or visit us on Facebook.

**STUDENT LIFE**  
SHAPE YOUR EXPERIENCE

# War continues on sugar and obesity

BY IAN HALLINAN

In recent years North American appetite for sugary foods and drinks has reached alarming levels, which in turn has led to high rates of obesity.

Over the past 20 to 40 years obesity rates and sugar consumption have risen dramatically in North America. According to a May 27, 2010 article in an online newsletter produced by Natural News (Stephane Bochart, who created the document, has died), and "From 1977 to 2009 we doubled our intake of sugar. In 2009, for example, we ate 170 pounds of sugar on our bodies and its children. We've been blowing fat for so many of our diseases for cholesterol, for heart problems. But it turns out that sugar is really the underlying factor in many of these diseases."

However, health food stores and personal trainers are making positive strides to reverse the trend of obesity caused by the over-consumption of sugar.

Gary Hallinan, store manager of Healthy Foods & More

in Waterloo, said the store uses alternatives to refined sugar in its baked goods and other products that are suitable for diabetics.

"There's a couple of things that we use right now. One of the most common products on the market is called xylitol. It's an alcohol sugar as opposed to more traditional plant-based sugars. We typically don't use a lot of complex sugars like fructose. We also use stevia, which is becoming common on the market. It's a leaf that's dried and ground up. It's 30 times as sweet as regular sugar. So you only need to use a little bit to get the same amount of sweet taste. It's great for people who are diabetics, for example."

Hallinan also talked about ways people can cut back on sugar, which improves their health.

"If individuals experience adverse effects from consuming too much sugar such as obesity, they can gradually reverse that unhealthy trend by consuming foods that are rich in nutrients such as fruits and vegetables. Another startling statistic

about sugar is that there are more than 10 health disorders that are connected to sugar consumption, including diabetes, poor brain development in children, lack of concentration, allergies with the ADHD hypothesis, mood swings and insomnia and neurological disorders that according to Dr. David Perlmutter, a certified health and wellness coach and nutrition consultant, 65 per cent of Canadians are overweight or obese and it's predicted that by 2016 overweight and obese adults will outnumber those of normal weight in half of our provinces."

Markus Thatt, who is a personal trainer at Stokilos, said he asks his clients about their sugar habits.

"I find out how many carbs consume too much sugar, then I give them advice on how to improve their diets by sugary products that also causes that, will positively impact their health."

According to Dietit, exercise and diet go hand in hand when it comes to improving health and losing weight.

"Cutting down on sugar



PHOTO BY IAN HALLINAN

Gary Hallinan, who is the store manager of Healthy Foods & More in Waterloo, stands in front of the store's healthy section. The store sells products that are alternatives to refined sugar.

make a half the battle. If people want to fully expose their health and lose weight, they must exercise regularly as well."

On the other end of the spectrum, Waterloo resident Jennifer Trudner admits that

she consumes too much sugar, but she wants to change that.

"Over consumption of sugar has caused me to gain weight over the past several years. But I'm determined to reduce my sugar consumption so that I can lose weight," she said.

[www.uoguelph.ca/business/executive-programs](http://www.uoguelph.ca/business/executive-programs)

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# NO PAIN, NO GAIN



The band's live performance at the 2011 Conestoga College's 'Rock the Block' event. The band is performing at the 2011 Conestoga College's 'Rock the Block' event.

## ROCK THE BLOCK

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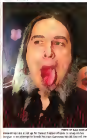
Conestoga College's 'Rock the Block' event. The band is performing at the 2011 Conestoga College's 'Rock the Block' event.



World's most ridiculous  
circus sideshow freaks out  
Conestoga students



Conestoga College's 'Rock the Block' event. The band is performing at the 2011 Conestoga College's 'Rock the Block' event.



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CONESTOGA  
STUDENTS INC.

OOOH,  
SAUCY!

THURSDAY  
FEBRUARY 12<sup>TH</sup>



# XXX BINGO



HOSTED BY  
**SPENNY!**

IN THE SANCTUARY

AT THE DOON CAMPUS

STARTING AT 9PM

18+ EVENT | CASH BAR | 19+ TO DRINK

TICKETS FOR \$5

AT THE CSI SERVICE HUB  
ON YOUR CAMPUS!

"ADULT  
TOYS"

FROM



Valid photo I.D. & student card required for admission.  
Conestoga students are allowed to sign in as new Conestoga guest.

Guests **MUST** be 18+ with valid photo I.D. & event ticket. Guests who do not meet these requirements will be released admission will be refused.



## STUDENTS GET UPDATE ON ALL THE SERVICES THAT CSI HAS TO OFFER

CSI held a week-long event called a CSI Fair where students find this opportunity to be engaged with CSI staff and learn more about what the site staff can do together to offer. For more story visit [www.spearsnews.com](http://www.spearsnews.com)

PHOTO BY LARSEN FOR SPEARS

## Beat the Blues



**Beat the winter blues!** In Counselling Services, we recognize our Canadian winter can feel long, which affects our energy levels and moods. Sometimes we need a pick-me-up! Whether you briefly experience the blues during the winter months, recognize you may experience S.A.D. (Seasonal Affective Disorder), feel symptoms of depression, or are just looking for something fun to do, check out the Beat the Blues event!

**WHEN:?**

Thursday, February 12<sup>th</sup>, 2015

**TIME:?**

10:00 a.m. – 12:30 a.m.

**WHERE:?**

Lower Atrium, SLC

## The War Amps

### The Legacy Continues

The War Amps continues to serve war amputees and all Canadian amputees including children. The Child Amputees (CHAMP) Program provides financial assistance for artificial limbs, regional prosthetics, and much more.



What you see War Amps  
helps and address  
child's your support  
programs like CHAMP



Get help and advice about

## The War Amps

1 800 230-3093

[www.waramps.ca](http://www.waramps.ca)  
waramps.ca



Don't let the winter blues  
take hold

## BELGREEN PARK A HOME FOR HOCKEY



On looks of all ages gather at Belgreen Park in Watford to play a friendly game of hockey on a cool Friday night. Above: two boys 17 and 18 battle for the puck at the community ice rink.

PHOTOS BY BEN ORRINE



CONESTOGA



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Students show the puck at the park.

97% of graduates find employment or continue their education

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11 of 100 Canadian schools are at risk for fraud closure, and Emerson is not one of them.

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EMERSON COLLEGE



*May contain  
traces of feeling  
excluded*

When you have a serious food allergy, birthday cake is just one more thing you can't have. Visit [anaphylaxis.ca](http://anaphylaxis.ca)

Anaphylaxis Canada



# **HOROSCOPE**

Week of February 6, 2006



**Aries**  
March 21 -  
April 19

Don't let people talk you down. Be determined and focus your energy on your goals.



**Libra**  
September 22 -  
October 23

The week ahead is going to be tough. Don't rely on others to do your work for you. Take charge and don't procrastinate.



**Taurus**  
April 20 -  
May 20

You are known to be stubborn. Your way isn't always the right way. Let them around you speak their minds. This week, listen carefully.



**Scorpio**  
October 24 -  
November 22

You are constantly dealing with small bumps on the road. Although it may seem you are slowing down, you are still headed in the right direction.



**Gemini**  
May 21 -  
June 21

Push yourself harder. You know what you're capable of. This week, believe in yourself.



**Sagittarius**  
November 23 -  
December 21

Let go of the things you can't change. If it's not your business, don't get involved. This week, focus your energy on yourself.



**Cancer**  
June 22 -  
July 22

You are known to be shy. There are times when you don't always be there when you need them. This week, be independent.



**Capricorn**  
December 22 -  
January 19

Don't take the easy road. Face challenges head on and expect good fortune from your efforts.



**Leo**  
July 23 -  
August 22

Accept your "weakness" as learning curves. Draw from your own and don't look back.



**Aquarius**  
January 20 -  
February 18

You are known to be quite present. When something gets on your mind, you are one of being fast down.



**Virgo**  
August 23 -  
September 22

Change is ahead. Grasp every opportunity you can. Keep your eyes up and focus on your goals.



**Pisces**  
February 19 -  
March 20

You are good at some things but not everything. When people expect too much from you, this week, take a step back.



The Stars have spoken...

## **Oh Girl!**



## **Useless Facts**

Your ribs move about 3 million times a year, every time you breathe.

Stamping your foot against a wet lawn 150 times in a row

Sharkskin has no bones.

Children grow faster in the springtime.

The national anthem of France has 158 verses.

Russia has a larger surface area than Pluto.

Oxford University is older than the Aztec Empire.

## **Sudoku Puzzle**

				8	6	4		
2	8	5	3	1		7	9	
7						8		
8	4		3			1		
6	9					5		7
			9	4	7		6	
	6	8	2			9	1	5
1		9		5	8			
			1			2		

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9 without repeating any.

## **Word Search** **Valentine's Day**

X	Q	Y	Y	C	X	H	C	U	R	C	U	P	I	D	B	SWEETHEART
B	O	A	T	D	H	C	A	R	D	S	J	S	V	P	T	ROMANCE
X	X	W	H	A	N	P	R	Q	P	O	S	A	L	R	H	DINNER
T	R	D	B	T	P	A	G	E	M	E	O	P	E	L	Q	RED
H	O	U	D	L	W	C	V	A	S	R	S	J	S	E		ROSES
G	M	O	C	W	I	H	X	C	W	S	O	Z	N	T		JEWELRY
I	A	P	B	H	G	P	O	G	I	E	T	Y	R	Z	E	CARDS
L	M	J	W	T	X	D	Q	U	D	E	Y	Q	Q	L	D	LOVE
E	C	D	D	S	E	Z	O	S	N	T	R	N	G	N	D	DATE
L	E	B	T	R	S	U	L	C	K	H	L	Y	M	D	T	DESSERT
D	G	L	I	S	T	C	A	H	W	E	E	M	B	R	B	CHERISH
N	S	Z	T	N	T	O	T	E	R	B	A	W	D	A	T	CANDLELIGHT
A	F	K	J	N	B	O	E	R	D	R	E	Y	F	V	A	CUPID
C	O	R	C	I	N	S	E	I	B	T	J	H	I	S	P	CHOCOLATE
D	B	J	M	D	H	Y	Z	S	S	S	I	K	N	I	P	CANDY
N	Z	D	S	E	S	O	R	H	J	H	U	G	J	X	V	PROPOSAL

# Kids too young for technology

I can still remember my first real encounter with technology. It was in June, the summer before I started high school, and I was 11 years old. All of my friends were already using Facebook, so I did too, but it was months before I became serious about it.

However, as technology went a more serious future, this would be considered old to be introduced to the World Wide Web.

I could never say I hate technology. I honestly love all of the new advances, websites, and information readily available at our fingertips. Especially because I wasn't available.

Technology is great—the people who can make enough to use it.

The first time technology scared me was when my three-year-old neighbor called me on the phone one night. He was playing video games, texting, and somehow found my number. While it seemed innocent at the time, I couldn't help but wonder who he could have called.



Mayra McAdams speaks

Another time technology scared me was just a few weeks later. I received a friend request on Facebook, from a girl I think is a year old brother. She said we only wanted friends so he had someone to play games against and it was totally harmless.

That is the terrifying aspect though. Even young children can access so much on the Internet which could have serious consequences. They are still too young to understand these dangers.

I have heard so many people comment on how fast youth seems to be growing up these days, but we are the ones allowing that to happen.

When I was six years old, I was playing music online and spending all of my time online, but because we are so tuned in to our phones and

the Internet it is almost impossible for children to be on the Internet as well.

Our youth is growing up too fast, but I think we are paying that cost for them.

By allowing kids to have access to such a vast amount of websites, apps, and online content it is giving them the opportunity to get the wrong information, terrible when they are not yet old enough to understand the consequences.

It is understandable how people get hooked on quickly to the web. Technology is everywhere and the more it takes over their lives, that let's us know this big world needs to take care of the lives of our kids as well.

The outside world plays with your children, and because their imaginations. Top out of these websites at least for a little while when they are around.

Maybe if they are adults less worried about social media, and technology they will follow in our footsteps so they can grow up knowing technology is great, but make the best use of it.

## VALENTINE'S DAY AROUND THE CORNER



PHOTO BY MICHAEL MCCALLUM

Brian Padell, a first-year Central business student who sent a card made of fun of Valentine's Day. Little people need to know that a nothing wrong with standing the day after, in red, heart, when a couple and a couple. People should not be too serious on the top day, and be happy they are not spending an awkward amount of money on gifts that nobody can find the price the other 364 days of the year.

## CLASSIC CINEMA MAKING A COMEBACK



PHOTO BY ALEX BELL

Classic cinema is once again making a comeback. In the new Apollo Cinema, the classic cinema is back. The cinema is back, and it is back in the city. The cinema is back, and it is back in the city. The cinema is back, and it is back in the city.

## WINTER WOES CONTINUE



PHOTO BY MICHAEL MCCALLUM

Winter woes continue for students at Central business school. The blue parking lot is a parking space. When the weather turns, the lot is a parking space. When the weather turns, the lot is a parking space. When the weather turns, the lot is a parking space.

TUESDAY FEB 10TH

**PRIZES  
TO BE WON!**

**CONESTOGA  
STUDENTS INC**

**SEE IF YOU HAVE  
WHAT IT TAKES TO COMPETE  
IN THESE MINI CHALLENGES  
IN UNDER A MINUTE!**

# MINUTE TO WIN IT

**5 TEAMS OF 4**

**STARTING AT 12:00PM**

**SIGN-UP STARTS AT 11:30AM**

**DOON CAMPUS | IN THE SANCTUARY**